



Member of



## 14<sup>th</sup> Annual International **AASD** Conference

Arabic Association for the Study of  
Diabetes and Metabolism (**AASD**)

Member of International Diabetes Federation, IDF

23-26 October 2018

Grand Nile Tower Hotel, Cairo, Egypt

23-25 October 2018

Workshop, IDF Centre of Education



# 14<sup>th</sup> AASD 2018

**AASD & Conference Honorary President**  
**Prof Raafat Rashwan**

**IDF President**  
**Prof Nam Han Cho**

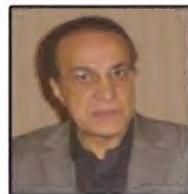
**AASD & Conference President**  
**Prof Inass Shaltout**

**Conference Vice-President**  
**Prof Omar El- Saadany**

**Conference & AASD General Secretary**  
**Prof Abdel Khalek Hamed**  
**Prof Mohamed Hassanein**



**AASD & Conference Honorary President**  
**Prof Raafat Rashwan**



**IDF President**  
**Prof Nam Han Cho**



**AASD & Conference President**  
**Prof Inass Shaltout**



**Conference Vice-President**  
**Prof Omar El-Saadany**



**Conference & AASD General Secretary**  
**Prof Abdel Khalek Hamed**                   **Prof Mohamed Hassanein**





## Scientific Committee Chairmen

Prof Amr Abdel Wahab



Prof Ashraf Attia



Prof Atef Elbahry



Dr Nader Wadie



## Scientific Committee Moderators

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Dr Ayman El Menofy



## AASD Treasurer

Dr Sayed Gad



## Organizing Committee Chairmen

Dr Mohamed Naguib



Dr Mazin Attia



Dr Hesham Habib



## Organizing Committee Moderator

Dr Ahmed El Sabawy





**14<sup>th</sup> International Conference of  
Arabic Association for the Study of Diabetes & Metabolism (AASD)  
Member of International Diabetes Federation, IDF**

***Dear professors and colleagues,***

It gives us a great pleasure to welcome you in 14<sup>th</sup> annual AASD conference.

On behalf of AASD board and members, we appreciate the strong participation and support of International Diabetes Federation, IDF. AASD as a member of IDF puts a great responsibility on all AASD members to do extra efforts for the cause of Diabetes.

We appreciate the presence of our eminent guest speakers from United Kingdom, Italy, Spain, South Korea, Russia, Poland, Hungry, Macedonia, UAE, KSA, Morocco, Sudan and Bahrain for their presence to share in this outstanding scientific event. Their participation added a great scientific value to the conference.

On behalf of my colleagues, board and members of AASD, let me express my gratitude to all Egyptian professors & speakers who agreed to join us and Co-chair the Advisory board and National Faculty in this huge scientific event.

AASD as one of the leading Diabetes Associations has been recognized in December 2017 as an IDF center of education aims to share in:

1. Public awareness and patient education with the aim of prevention and optimum management.
2. Medical conferences intending to share knowledge and stimulate research.
3. Post graduate continuous medical education (AASD-CME).
4. Newsletters for health care professionals that intend to increase knowledge about the standards of medical care in diabetes and associated co-morbidities and complications.
5. Building the capacity of thousands of doctors, nurses and educating Patients which enhanced their knowledge to cope with diabetes.

In addition to the exciting scientific program, we hope you enjoy our social program in one of the most attractive Middle East countries, Egypt.

*Looking forwards to see you in 15<sup>th</sup> AASD conference  
In Shaa Allah. 23 – 26 October 2019*

**AASD & Conference President  
Prof Inass Shaltout**



#### **AASD Annual Conferences:**

1 <sup>st</sup>	AASD Annual Conference, Cairo	20-21 December 2006.
2 <sup>nd</sup>	AASD Annual Conference, Cairo	28-30 November 2007.
3 <sup>rd</sup>	AASD Annual Conference, Cairo,	29-31 October 2008.
4 <sup>th</sup>	AASD Annual Conference, Cairo	18-20 November 2009.
5 <sup>th</sup>	AASD Annual Conference, Cairo	08-10 December 2010.
6 <sup>th</sup>	AASD Annual Conference, Cairo / Red Sea	16-18 June 2011.
7 <sup>th</sup>	AASD Annual Conference, Cairo / Porto Marina	12-16 September 2012
8 <sup>th</sup>	AASD Annual Conference, Cairo / Hurghada	17-21 December 2013
9 <sup>th</sup>	AASD Annual Conference, Cairo / Red Sea	29 October – 2 November 2014
10 <sup>th</sup>	AASD Annual Conference, Cairo / Red Sea	20-22 October 2015
11 <sup>th</sup>	AASD Annual Conference, Cairo	11-13 October 2016
12 <sup>th</sup>	AASD Annual Conference, Cairo	11-12 October 2017
13 <sup>th</sup>	AASD Annual Conference, Cairo	18 April 2018

#### **AASD International Conferences:**

- AASD in collaboration with University of Medical Sciences and Technology, Khartoum, Sudan, 1-4 February 2008.
- AASD in collaboration with Moroccan Society of Diabetes and Nutrition SMEDIAN and FMED, Morocco, 1-4 May 2008.
- AASD in collaboration with Moroccan Society of Diabetes and Nutrition SMEDIAN, Morocco, 3-6 march 2016.

#### **AASD National Conferences:**

More than 30 conferences till now

#### **AASD Postgraduate Course:**

AASD / EASD postgraduate course 16 – 18 November, 2017

#### **AASD Diabetes Co-morbidities and Fasting Conferences:**

- 1<sup>st</sup> Annual Conference, June 2012
- 2<sup>nd</sup> Annual Conference, June 2013
- 3<sup>rd</sup> Annual Conference, May 2014
- 4<sup>th</sup> Annual Conference, May 2015
- 5<sup>th</sup> Annual Conference, April 2016
- 6<sup>th</sup> Annual Conference, April 2017

#### **Contact Us:**

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facebook.com / aasd.official / .facebook.com aasd.diabetes

www.facebook.com/aasd.official      Website: www.asdonline.com

YouTube: AASD Diabetes, channel has been recently lunched where AASD educational materials and conferences are published

<https://www.youtube.com/channel/UCvpn5xDiJa23VgymBZRKnQ>

#### **EASD e-Learning**

<https://www.easd.org/education/easd-e-learning.html>





### International Faculty (alphabetically)



**Prof Assaad Aldafter, Bahrain**

He is a Consultant Internist & Endocrinologist. He is fellow of Royal College of Physicians, Member of Society of Endocrinology United Kingdom, fellow of Iraq Council of Medical Specialties.



**Prof Barkai László, Hungary**

László Barkai is full Professor of Pediatrics at University of Miskolc and Pavol Jozef Safarik University in Kosice. He graduated and was awarded Doctorate of Medicine from the University of Debrecen. He was Research Fellow of the Hungarian Academy of Sciences, Budapest and Clinical Research Fellow in Pediatric Endocrinology, Royal Alexandra Hospital for Children, Sydney, NSW. He is serving as Consultant in Pediatrics and in Pediatric Diabetes/endocrinology/metabolism for many years. He has been involved in graduate teaching of Pediatrics and has served as mentor for Pediatric Residents for many years. Several doctors gained specialty certificate in Pediatrics under his mentorship over the past years. Dr. Barkai was awarded PhD and DSc degrees from the Hungarian Academy of Sciences. He gained Habilitation in Medicine at the University of Debrecen. Dr. Barkai's main research interests are epidemiology, pathophysiology and treatment of diabetes mellitus and its complications and cardiometabolic risks in childhood and adolescence. On these areas he has several international cooperations and published many book-chapters and numerous scientific publications in international and national journals. He is supervising research work of several PhD students in the field of childhood diabetes and its complications. Former appointments of Professor Barkai include Dean of Faculty of Health Care, University of Miskolc, Chief Executive Officer for Pediatrics and Neonatology, North-Hungary, Secretary of the Medical and Health Committee, Hungarian Conference of Rectors, Member of the National Health Council, Hungary. Professor Barkai currently is member of international societies, including European Association for the Study of Diabetes, American Diabetes Association, International Society for Pediatric and Adolescent Diabetes and he is an Elected Fellow of Diabetes India. He served as Secretary General and President, currently as Vice President of the Hungarian Diabetes Association. He was awarded many professional and scientific awards for service of child health and research of diabetes and its complications.



### **Prof Didac Mauricio, Spain**

He is Director of the Department of Endocrinology & Nutrition, Hospital de la Santa Creu i Sant Pau, affiliated with the Autonomous University of Barcelona. He is leading the Diabetes Research Group at this institution, that belongs to the excellence diabetes research network CIBER of Diabetes and Associated Metabolic diseases (CIBERDEM), Instituto de Salud Carlos III in Spain. He is currently on leave from his position as Associate Professor at the School of Medicine, University of Lleida. He has published over 190 peer-reviewed articles and has contributed to multiple books. He has received the highest awards from the Spanish Society of Diabetes and the Spanish Society of Endocrinology & Nutrition. He has also served as a member in several local and international committees. D. Mauricio has been principal investigator of several research projects funded by national and international agencies. He keeps a strong interest on current clinical issues in diabetes management, including randomised clinical trials and clinical research on diabetic complications, with special focus on atherosclerotic disease, and also in studies on real-world evidence.



### **Prof Eleanor Kennedy, UK**

She has a BSc in Biochemistry from the University of Glasgow and a PhD in molecular neuropharmacology from the University of Leicester.

Following three years as a postdoctoral student at the University of California, San Diego, Dr. Kennedy became a group leader at the University of Geneva in Switzerland studying the intracellular signalling pathways that stimulate insulin secretion. She also has an MBA from Cranfield School of Management.



### **Prof. Evgenia Patrakeeva, Russia**

She is a teaching assistant in Teaching Assistant in Endocrinology and Consultant Endocrinologist, First Saint-Petersburg Medical University named after I.P. Pavlov. Received her medical degree from First Saint-Petersburg Medical University named after I.P. Pavlov in 2005, where she graduated cum laude and completed her residency in endocrinology and internal medicine at faculty therapy department of this University. Research interests include insulin therapy, patient education, psychological issues in diabetes care, the use of new technologies in diabetes. She also has an interest in development of web-based resources and social media use as components of diabetes therapy and patients' psychological support. Co-founder of educational web-resource ([www.rule15s.com](http://www.rule15s.com)) and educational social networks account for Russian-speaking diabetes patients (@diabet.connect). Results of her research were presented at international and local Russian conferences. She has organized on a regular basis the course of continuous postgraduate education for young diabetologists in Saint Petersburg with the aim of recent international research findings translation into everyday clinical practice. Innovative educational course for CSII and ready-for-CSII young patients was also organized with Dr. Patrakeeva's support and personal participation. Member of Russian Endocrinology Society, European Association for Study in Diabetes (EASD), EASD-Postgraduate Education Committee and American Diabetes Association (ADA).



### **Prof Hamdoun Lhassani, Morocco**

He is a specialist in Endocrine & Diabetes, is a graduate of the University of Lille and Amiens, France. Previously worked at university hospitals in northern France Vice-President of the Moroccan Association for endocrine diseases, nutrition and diabetes, Former head of the Moroccan Association for endocrine diseases, nutrition and diabetes Participant in several medical studies, A member of the Francophone Association for Diabetes, A member of the European Association for the study of diabetes, President of the Association of the city of Salé in Morocco to help diabetics, Treasurer of the National Federation of Moroccan diabetics.



### **Prof Kebira Benabed**

She is a Former professor of internal Medicine at the University of Rabat Specialist in Endocrinology, Diabetology and Nutrition, Former Secretary General of the Moroccan Society of Endocrinology, Diabetology and Nutrition (SMEDIAN). Member of the office of the Moroccan League for the Fight against Diabetes President of the organising committee of scientific and social events realized by the Moroccan League for the Fight against Diabetes.



### **Prof Leszek Czupryniak, Poland**

He is a physician researcher, involved mostly in clinical studies on pathogenesis and treatment of type 2 diabetes mellitus, hypertension, and obesity, with particular interest in mechanisms responsible for their co-existence. Since 2015 he has been working as a head of the Department of Diabetology and Internal Medicine at the Warsaw Medical University, in Warsaw, Poland. His medical and research training included scholarship or courses at the United Kingdom Prospective Diabetes Study centre (Oxford Centre for Diabetes, Endocrinology and Metabolism) in Oxford (UK), Maastricht (the Netherlands), King's College, London (UK), Wakefield (UK), Miami (USA). He served as the president of Diabetes Poland (professional scientific Polish diabetes association, 2011-2015), is a member of the Executive Committee of the European Association for the Study of Diabetes (EASD), since 2013 serving the post of Chair of the EASD Postgraduate Education Committee. The latter activity led him to lecture and run workshops at the EASD Postgraduate Courses across many countries since 2009. In 2000-08 he was an active member of the EASD Hypertension in Diabetes Study Group, in 2007 was elected to the Executive Committee of the Group. Since 2004 he has been organizing biannually EASD Minkowski Postgraduate Course in Clinical Diabetes in Wroclaw (Breslau) in Poland. He is an author or co-author of over 150 original papers published in many papers with total Impact Factor over 150. His letters were published in New England Journal of Medicine, Diabetologia, American Journal of Medicine and The Lancet.



### **Prof Maryam Alsaeed, UAE**

She is Senior Specialist in Internal Medicine, Diabetes & Endocrinology

Dr. Al Saeed qualified in medicine from the Royal College of Surgeons in Ireland, Dublin in 2007. She completed her basic specialist training in internal medicine in Beaumont Hospital, Dublin and the University Hospital, Galway in 2012 and was awarded the Membership of the Royal Colleges of Physicians of the United Kingdom. She continued her training as a registrar in Endocrinology and Diabetes at the Mater Misericordiae University Hospital in Dublin before joining the Endocrinology Department at Dubai Hospital, UAE in 2015 where she has been actively involved in the adult endocrine and diabetes outpatient and inpatient service. Dr. Al Saeed also holds a Masters in Medical Science degree in Health Informatics from the National University of Ireland, Galway with a thesis on dietary and medical management of morbid obesity. She is as well certified by the American Association of Clinical Endocrinologists in endocrine neck sonography and fine needle aspiration biopsy of thyroid nodules. She has a special interest in the management of obesity, diabetes, and thyroid disorders.



### **Prof Massimo Massi-Benedetti, Italy**

He is member of national and international professional and non professional diabetes associations, ex Chair of IDF Europe, Ex IDF Vice-president, Chairman of the IDF Science TF. Founder of the Members of the European Parliament Diabetes Working Group, Former member of the Faculty of Medicine and Chair of the Schools of Podology and of Nursing Sciences of the University of Perugia (I); Chair of the Umbria Regional Diabetes Reference Centre; Co-director of the WHO Collaborating Centre for Diabetes Care Improvement. Director of Research and Education at Dasman Institute for Diabetes Research. At present, President of the HUB for International health ReSearch-HIRS. Main areas of diabetes research: pathophysiology; new drugs; advanced systems for insulin delivery; complications; pregnancy; metabolic monitoring; epidemiology, diabetes registries; ethics. Member of EU projects EURODIABETA; DIABCARD 1-4; DIABCARE 1-3; MFIT; DIABSTYLE 1-2; ADICOL, IMMIDIAB, PARENT, CHRODIS, BRIDGE Health and Project leader of B.I.R.O. and EUBIROD.



**Prof Mick Kumwend, UK**

MSC FRCP (London) FRCP (Edinburgh)

He is Consultant Nephrologist and Clinical Director in Renal and Diabetes Centre Glan Clwyd Hospital - Rhyl Denbighshire United Kingdom

Prof Mick's Research interests include diabetic kidney disease: progression of CKD, cognitive dysfunction, the role of the kidney in glucose metabolism and Management of end stage kidney disease in people with diabetes.



**Prof Mohamed ben bendedetti, Morocco**

He is former President of the SMEDIAN, Founder and ex-president of the Inter Regional Association of Endocrinology and Founder and member of the Moroccan Group of Thyroid Study.



**Prof Rayaz A. Malik, UK**

He graduated in Medicine from the University of Aberdeen in 1991, obtained his MRCP in 1996, PhD from the University of Manchester in 1997 and was elected to become a fellow of the Royal College of Physicians in 2007. He was appointed as Consultant Physician and Senior Lecturer in 2001 and as Professor of Medicine and Consultant Physician in 2008 in Central Manchester University Teaching Hospitals and the University of Manchester. He was appointed as Professor of Medicine at Weill Cornell Medicine in 2014 and is an honorary Professor of Medicine and Consultant Physician at Central Manchester University Teaching Hospitals and University of Manchester and visiting Professor of Medicine at Manchester Metropolitan University. He was appointed as the Organizational Official for Weill Cornell Medicine in Qatar in November 2016. Over the last 15 years he has pioneered the use of corneal confocal microscopy, a non-invasive ophthalmic instrument, to quantify diabetic and other peripheral neuropathies. More recently he has applied CCM to establish it as a surrogate for neuronal damage in patients with Stroke, Multiple Sclerosis, Parkinson's disease and Dementia. He was the President of Neurodiab (the diabetic neuropathy study group of the EASD) from 2009-2012. He is an associate editor for Diabetic Medicine (2006 to present); J of Diabetes and its Complications (2012-present), PLOS One (2016- present), BMC Neurology (2009-present) and Advances in Therapy (2009- present). He is on the Juvenile Diabetes Research Foundation Complications and Clinical Investigation Research Committee (2005-present).



### **Prof Saud Al Sifri, KSA**

He has Endocrinology & Metabolism Training Certificate, Western Ontario University, London, Ontario, CANADA, 2003. Honorary Professor of Medicine, Taif University, Consultant Endocrinologist & Diabetes, Director of Postgraduate Residency Training Program, Director of Diabetes & Endocrine Specialist Center, PMH, Chairman of Endocrinology & Diabetes Department in Al Hada & Taif Armed Forces Hospitals,TAIF. The Saudi Board of Internal Medicine.



### **Prof Tatjana Milenkovic, Macedonia**

She is a professor of internal medicine at the University "St Cyril and Methodius", Medical Faculty in Skopje. She works at the Clinic of Endocrinology, Diabetes and Metabolic Diseases since 1985, where in 1995 she has established the Department of education of people with diabetes - and she has been Head of the department ever since. She obtained specialty in Internal Medicine 1991, PhD in Medical Science 1999, and subspecialty in Endocrinology 2004. She was on education and training in UK (Ipswich Diabetes Center), Denmark (Steno Diabetes Center) and Italy. Prof. Milenkovic has published and authored more than 100 scientific articles, and has been principal investigator and co-investigator in 16 scientific projects of which 11 international, including GCP training. She is author of 2 monographs and 5 book chapters. She is a member of the EASD, ADA, IDF, AACE, DESG (member of the Executive Committee). She is the President of Macedonian Diabetes Association, since 2013 and the President of the Macedonian Scientific Association of endocrinologists and diabetologists since 2014.



#### Advisory Board: (Alphabetically)

**Prof Aly El Abbasy**  
**Prof Assem Zeyada**  
**Prof Ebtesam Zakaria**  
**Prof Fahmy Amara**  
**Prof Mabaheg Souka**  
**Prof Moghazy Mahgoub**  
**Prof Mohamed Fahmy Abdel Aziz**  
**Prof Rawia Khater**  
**Prof Sherif Hafez**  
**Prof Soliman Nasr**



### **National Faculty (Alphabetically)**

Prof Abdel Khalek Hamed  
Prof Abdel Moniem Zaid  
Prof Abir Zakria  
Prof Ahmed Abdel Salam  
Prof Ahmed Saad El Din  
Prof Ahmed Taha  
Prof Ali Abbassy  
Prof Alyaa El Sherbiny  
Prof Amal Fouad  
Prof Amera Ahmed  
Prof Amr Abdel Wahab  
Prof Amr El Meligy  
Prof Ashraf Attia  
Prof Ashraf Reda  
Prof Assem Zeyada  
Prof Atef Bassyouni  
Prof Atef Elbahry  
Prof Ayman El Menofy  
Prof Ebtesam Zakaria  
Prof El Sayed Farag  
Prof Elham Islam  
Prof Eman El Shorbagy  
Prof Emmy Nasr  
Prof Enayat Ezzat  
Prof Fahmy Amara  
Prof Farid Fawzy  
Prof Gamal Ali Badr  
Prof Gelsen Saleh  
Prof Hala Kahla  
Prof Hala Mohamed Ali  
Prof Hala Naguib Hosny  
Prof Hanaa Taha  
Prof Hanan Gawish  
Prof Hani Hammad  
Prof Hazem Ashmawy  
Prof Hazem Khamis  
Prof Hesham Abu Esha  
Prof Hesham El Borolousy  
Prof Hesham El Hefnawy  
Prof Hesham Habib  
Prof Hisham Magd El Din  
Prof Hoda Goda  
Prof Hosny El Fayoumi  
Prof Hosny Salama  
Prof Hussein Shalby  
Prof Hussein El Fishawy  
Prof Ibrahim Awadin  
Prof Ihab Salem  
Prof Iman El Sherif  
Prof Iman Kamel  
Prof Inass Shaltout  
Prof Khaled El Hadidy  
Prof Khaled Hadhoud  
Prof Laila Mahmoud  
Prof Lobna El Touny  
Prof Mabaheg Souka  
Prof Magdy Helmy  
Prof Maggi Said El Nahdy  
Prof Maha Mowafy  
Prof Maha Rakha  
Prof Manal Helal  
Prof Mayada Mohamed Mousa  
Prof Mazen Attia  
Prof Meghad Abu El Magd  
Prof Moghazi Mahgoub  
Prof Mohamed Assy  
Prof Mohamed Awad  
Prof Mohamed El Bahrawy  
Prof Mohamed Fahmy Abdel Aziz  
Prof Mohamed Hassanein  
Prof Mohamed Kamar  
Prof Mohamed Naguib  
Prof Mohamed Nasr  
Prof Mohamed Sharaf Eldin  
Prof Mona Mansour  
Prof Nabil Farag  
Prof Nader Wadie  
Prof Nagwa Samy  
Prof Nehal Hamdy  
Prof Nasrat Ayad  
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Prof Sayed Gad  
Prof Sherif Hafez  
Prof Soliman Nasr  
Prof Tarek Fayad  
Prof Thana Gzarein  
Prof Yasser Abdel Hamid  
Prof Yehia Ghaniem  
Prof Yasser Al Khwas

### **AASD Organizing Office:**

Mr. Gamal Badry      Mr. Raafat Attia      Mr. Ahmed Saeed      Mr. Ahmed Bakry  
Mr. Morad Mohsen      Mr. Ahmed Ibraheim      Mr. Omar Gad



Tuesday 23 October, 2018

**Hall B Laylaty**  
Workshop, IDF Center of Education

08:30–09:30      Registration

**09:30 – 10:00      Workshop (1) Diabetes and cardiovascular comorbidities**

Speaker: Prof Maha Rakha

Moderator: Prof Emmy Nasr

**10:05 – 10:35      Workshop (2) Diabetic nephropathy.....What nephrologists know more ?**

Speaker: Prof Hani Hammad

Moderator: Prof Nader Wadie

**10:40 – 11:10      Workshop (3) Patient Reported Outcome Measure (PROMS) as the  
prerequisite for Value Based Diabetes Care**

Speaker: Prof Massimo Massi Benedetti (Italy)

Moderator: Prof Omar El Saadany

**11:15–11:45      Workshop (4) Diabetes research – How to do it? How to fund it?**

Speaker: Prof Eleanor Kennedy, UK

Moderator: Prof Inass Shaltout

**11:50 – 12:40      Workshop (5) Strategies for the prevention of diabetes related  
complications**

Speaker: Prof Mick Kumwenda, UK

Moderator: Prof Ahmed Saad El Din

**12:45 – 01:25      Workshop (6) Diabetic foot ulcers**

Speaker: Prof Rayaz A. Malik, UK

Moderator: Prof Inass Shaltout

**01:25 – 01:45      Coffee Break**



Tuesday 23 October, 2018

**Hall B Laylaty**  
Workshop, IDF Center of Education

**01:45 – 02:25      Workshop (7) Diabetes and Geriatric Times**

Speaker: Prof Inass Shaltout

Moderator: Prof Ashraf Attia

**02:30 – 03:10      Workshop (8) Vitamin D & PTH: clinical case presentation**

Speaker: Prof Assem Zeyada

Moderator: Prof Omar El Saadani

**03:15 – 03:55      Workshop (9) Diabetic neuropathy, meet the expert**

Speaker: Prof Rafaat Rashwan

Moderator: Prof Abdel Khalek Hamed

**04:00 – 04:40      Workshop (10) Diabetes and liver or NAFLD, present status**

Speaker: Prof Abdel Khalek Hamed

Moderator: Prof Mohamed Naguib

**04:45 – 05:25      Workshop (11) Management hyperglycemic emergencies**

Speaker: Prof Abir Zakrian

Moderator: Prof Yasser Abdel Hamid

**05:30 – 06:00      Workshop (12) DPP4 inhibitors drugs**

Speaker: Prof Hesham Habib

Moderator: Prof Abir Zakaria

**06:00      Lunch**



Wednesday 24 October, 2018

08:00 – 08:45	Registration
09:00– 10:25	Session 1 Opening session Kasr Al Ainy Faculty of Medicine, Cairo University

**Chairpersons: (Alphabetically)**

Prof Ebtesam Zakaria  
Prof Hala Naguib Hosny  
Prof Mohamed Naguib  
Prof Mona Mansour  
Prof Nehal Hamdy  
Prof Rawia Khater  
Prof Soliman Nasr

**Speakers:**

Pleotropic actions of antihypertensive drugs <b>Prof Yasser Abdel Hamid</b>	<b>17 Min</b>
Diabetes & Pregnancy <b>Prof Hala Kahla</b>	<b>17 Min</b>
Diabetes resission: is It Real or Fake <b>Prof Amr El Meligy</b>	<b>17 Min</b>
Challenges in diabetes guidelines <b>Prof Inass Shaltout</b>	<b>17 Min</b>
<b>Discussion</b>	<b>10 Min</b>



Wednesday 24 October, 2018

**Opening Ceremony  
10:30 – 11:05**

- |  |               |
|--|---------------|
| ❖ <b>Prof Raafat Rashwan</b><br>AASD & Conference Honorary President           | <b>3 Min</b>  |
| ❖ <b>Prof Hussien Khairy</b><br>President of Egyptian Medical Syndicate        | <b>5 Min</b>  |
| ❖ <b>Prof Inass Shaltout</b><br>AASD & Conference President                    | <b>2 Min</b>  |
| ❖ <b>Prof Omar El Saadany</b><br>Conference Vice President                     | <b>2 Min</b>  |
| ❖ <b>Prof Abdel Khalek Hamed</b><br>Conference & AASD Secretary                | <b>2 Min</b>  |
| ❖ <b>Prof Amr Abdel Wahab</b><br>Scientific Committee Chairman                 | <b>2 Min</b>  |
| <br><b>Welcome Speech</b>  |               |
| <b>Prof Nam Han Cho</b><br>President of International Diabetes Federation, IDF | <b>4 Min</b>  |
| ❖ <b>Honoring the pioneers &amp; Media Experts</b>                             | <b>10 Min</b> |
| <br><b>AASD in 14 Years</b>  |               |
| <b>Prof Inass Shaltout</b>   | <b>5 Min</b>  |



Wednesday 24 October, 2018

Session 2  
11:10– 12:00

**Chairpersons: (Alphabetically)**

- Prof Ahmed Taha
- Prof Amr Abdel Wahab
- Prof Hamdoun Lhassani (Morocco)
- Prof Mohamed Fahmy Abdel Aziz
- Prof Rawia Khater
- Prof Sherif Hafez

**Speakers:**

Perspectives for the application of Artificial Intelligence in Diabetes Care"

**Prof Massimo Massi Benedetti, Italy** **20 Min**

Diabetic peripheral neuropathy

**Prof Rayaz A. Malik, UK** **20 Min**

**Discussion** **10 Min**

**12:00– 12:20 Coffee Break**

Session 3  
12:30– 01:20

**Chairpersons: (Alphabetically)**

- Prof Assaad Aldaftter (Iraq)
- Prof Hala Kahla
- Prof Inass Shaltout
- Prof Massimo Massi Benedetti (Italy)
- Prof Mick Kumwenda (UK)
- Prof Raief Malak

**Speakers:**

Best Diet for Diabetes

**Prof Tatjana Milenkovic (Macedonia)** **20 Min**

Getting involved in diabetes research

**Prof Eleanor Kennedy (UK)** **20 Min**

**Discussion** **10 Min**



Wednesday 24 October, 2018

#### Session 4

##### Chairpersons: (Alphabetically)

- Prof Kebira benabed (Moracco)  
Prof Moghazi Mahgoub  
Prof Mohamed ben bendedetti (Morocco)  
Prof Mohamed Fahmy Abdel Aziz  
Prof Raief Malak

##### Speakers:

- DPP4 inhibitors  
**Prof Rayaz A. Malik, UK**

Novartis Symposium  
01:30– 02:10



##### Speakers:

- Residual cardiovascular risk of Vildagliptin  
**Prof Yehia Ghaniem** **30 Min**

#### Session 5 02:15 – 03:35

##### Chairpersons: (Alphabetically)

- Prof Atef Elbahry  
Prof Hamdoun Lhassani (Moracco)  
Prof Mick Kumwenda (UK)  
Prof Moghazi Mahgoub

##### Speakers:

- Current trends in pediatric diabetes  
**Prof Barkai László** (Hungary) **20 Min**
- Hypoglycemia risks and management  
**Prof Tatjana Milenkovic** (Macedonia) **20 Min**
- Issues in the transition from pediatric to adult diabetes care  
**Prof Barkai László** (Hungary) **20 Min**
- Diabetes mellitus type 1.5 Myth or truth  
**Prof Assaad Aldaftar** (Iraq) **20 Min**



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Wednesday 24 October, 2018

Session 6  
**Sanofi (1) Symposium**  
03:40 – 04:10

**Chairpersons: (Alphabetically)**

Prof Atef Bassyouni  
Prof Farid Fawzy  
Prof Gamal Ali Badr  
Prof Hazem Ashmawy  
Prof Ibrahem Awadin  
Prof Nader Wadie

**Speakers:**

Why Glimepiride out of all OADs?  
**Prof Omar El Saadany**

**30 Min**

Session 7  
**EVA Pharma Symposium**  
04:15 – 04:35



**Chairpersons: (Alphabetically)**

Prof Atef Bassyouni  
Prof Gamal Ali Badr  
Prof Hisham Magd El Din  
Prof Nader Wadie  
Dr Sayed Gad

**Speakers:**

Diabetic Neuropathy;.... Evidence based medicine?!  
**Prof Yehia Ghaniem**

**20 Min**



Vildagliptin 50 mg + Metformin hydrochloride 850 / 1000 mg

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For a safe and effective glycemic control

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(25)



Wednesday 24 October, 2018

Session 8  
**04:40– 05:45**

**Chairpersons: (Alphabetically)**

Prof Atef Elbahry  
Prof Hala Mohamed Ali  
Prof Hisham Magd El Din  
Prof Ibrahim Awadin  
Prof Mabaheg Souka  
Prof Raafat Rashwan

**Speakers:**

Challenges in finding the cure for type 1 diabetes

**Prof Mick Kumwend (UK)** **20 Min**

Treat the whole not only the hole

**Prof Farid Fawzy** **20 Min**

Diabetes damage and repair

**Prof Abir Zakaria** **20 Min**

**Discussion** **5 Min**

**05:45      Lunch**

YouTube: AASD Diabetes, channel has been recently lunched where AASD educational martials and conferences are published

<https://www.youtube.com/channel/UCvpn5xDiJa23VgymBZRXKnQ>

**EASD e-Learning**

<https://www.easd.org/education/easd-e-learning.html>





Thursday 25 October, 2018

Session 10  
**10:05 – 11:20**

**Chairpersons: (Alphabetically)**

Prof Hussein El Fishawy  
Prof Inass Shaltout  
Prof Omar El Saadany  
Prof Tarek Fayad  
Prof Yasser Abdel Hamid

**Speakers:**

Internet, media, social networks

**Prof Evgenya Patrakeeva (Russia)** **20 Min**

Preventing micro complications

**Prof Leszek Czupryniak (Poland)** **20 Min**

EASD/ADA Consensus report on management of hyperglycemia in type 2 diabetes: keypoints"

**Prof Didac Mauricio (Spain)** **30 Min**

**Discussion** **5 Min**

Session 11  
**Sanofi (2) Symposium**  
**11:20 – 12:10**



**Chairpersons: (Alphabetically)**

Prof Ayman El Menofy  
Prof Hanan Gawish  
Prof Hesham El Borolousy  
Prof Mabaheg Souka  
Prof Mohamed Awad  
Prof Raafat Rashwan

**Speakers:**

Bright Study (The 1<sup>st</sup> Head-to-head study comparing insulin glargine U300 to insulin degludec)

**Prof Inass Shaltout** **30 Min**

**Discussion** **20 Min**



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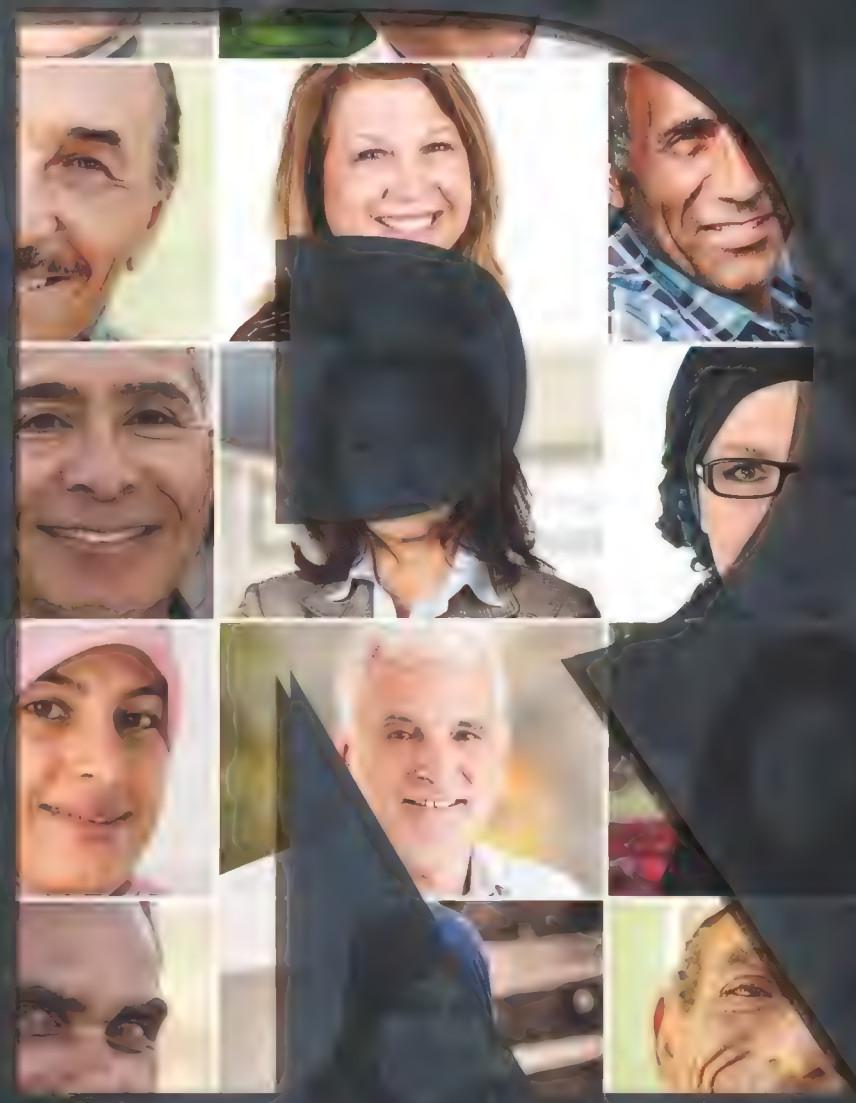
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\*Nardi G., et al. Potential Phototoxicity of Rosuvastatin Mediated by Its Dihydrophenanthrene-like Photoproduct. Chem Res Toxicol. 2011 Oct 17;24(10):1779-85.  
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Thursday 25 October, 2018

Session 12  
**AstraZeneca Symposium**  
**12:10 – 12:40**

**AstraZeneca**   
What science can do

**Chairpersons: (Alphabetically)**

Prof Fahmy Amara  
Prof Laila Mahmoud  
Prof Meghad Abu El Magd  
Prof Mohamed Assy  
Prof Nasrat Ayad  
Prof Tarek Fayad

**Speakers:**

SGLT-2i: A paradigm shift in T2D Management  
**Prof Hesham El Hefnawy** **15 Min**

SGLT2-inhibitors: moving from neutrality to benefits  
**Prof Inass Shaltout** **15 Min**

**12:40 – 01:00      Coffee Break and poster session discussion in the poster area**

**Posters**

- ❖ Discover Trial
- ❖ The relationship between serum osteoprotegerin level and coronary artery calcification in type 2 diabetes mellitus patients

Presented by: **Prof Rasha Sobh**

YouTube: AASD Diabetes, channel has been recently lunched where AASD educational martials and conferences are published

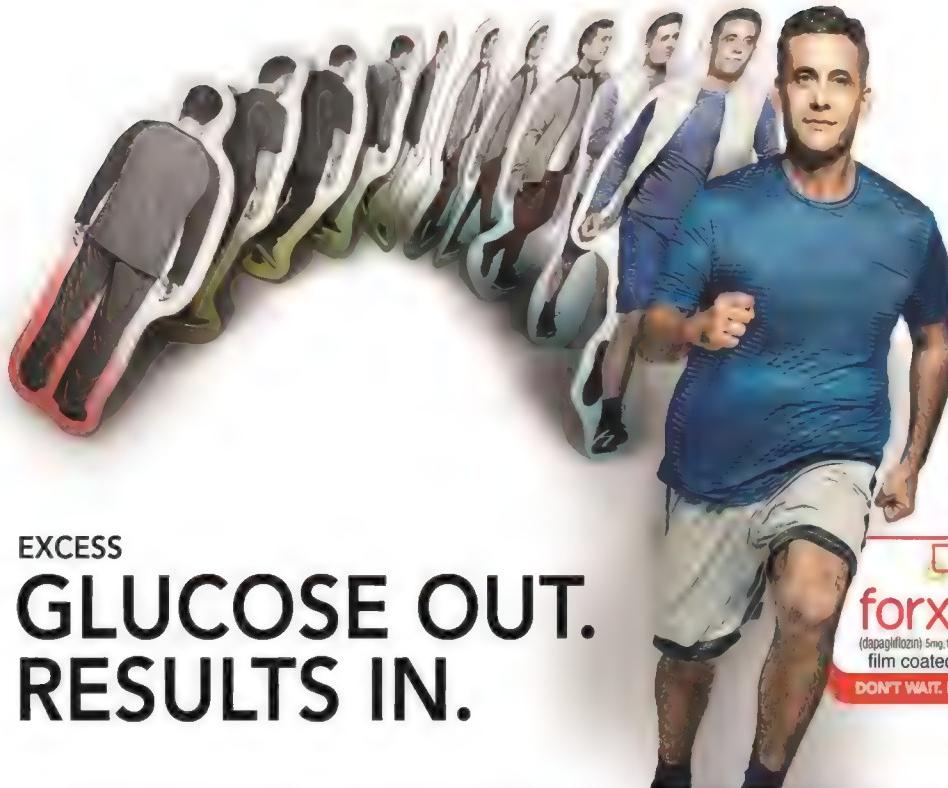
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RESULTS IN.**



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- 3- Healthcare professionals are asked to report any suspected adverse reactions.

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Thursday 25 October, 2018

Session 13  
EAVA@cardiorisk join session  
**01:00 – 01:55**

**Chairpersons: (Alphabetically)**

Prof El Sayed Farag  
Prof Hazem Khamis  
Prof Mohamed Assy  
Prof Mohamed El Bahrawy  
Prof Nehal Hamdy  
Prof Rawia Khater

**Speakers:**

The triglyceride dilemma

**Prof Ashraf Reda** **15 Min**

What we should know from PCSK9 inhibitors, recent outcomes trials

**Prof Atef Elbahry** **15 Min**

Diabetic patients &CHD: search for the culprit

**Prof Nabil Farag** **15 Min**

**Discussion** **10 min**

Session 14  
**02:00 – 02:25**  
**Plenary Session**

**Chairpersons: (Alphabetically)**

Prof Ali Abbassy  
Prof Fahmy Amara  
Prof Hesham Abu Esha  
Prof Magdy Maglaa

**Speakers:**

Metabolic surgery, its benefits and limitations

**Prof Leszek Czupryniak (Poland)** **20 Min**

**Discussion** **5 Min**



(sitagliptin/metformin, MSD)

In patients with type 2 diabetes mellitus uncontrolled on diet and exercise alone

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1. Wanner C, et al. The effect of sitagliptin on the risk of cardiovascular events in patients with type 2 diabetes and established vascular disease. *Obesity & Metabolism* 13: 644-651.



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Thursday 25 October, 2018

Session 15  
**MSD Symposium**  
02:30 – 03:00



**Chairpersons: (Alphabetically)**

Prof Inass Shaltout

Prof Omar El Saadany

**Speakers:**

Making choices: DPP4 inhibitors, SGLT2 inhibitors, or both – when and why in taking the next steps after metformin

**Prof Leszek Czupryniak (Poland)** **20 Min**

**Discussion** **10 Min**

Session 16  
**Lilly Symposium**  
03:05 – 03:35



**Chairpersons: (Alphabetically)**

Prof Ahmed Abdel Salam

Prof Ali Abbassy

Prof Ayman El Menofy

Prof Elham Islam

Prof Fahmy Amara

Prof Thana Gzarein

**Speakers:**

An overview of concentrated insulin

**Prof Omar El Saadany** **20 Min**

**Discussion** **10 min**



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Thursday 25 October, 2018

Session 17  
Servier Symposium  
03:40 – 04:00



**Chairpersons: (Alphabetically)**

Prof Ahmed Abdel Salam  
Prof Ebtesam Zakaria  
Prof Enayat Ezzat  
Prof Hanan Gawish  
Prof Thana Gzarein  
Prof Laila Mahmoud

**Speakers:**

Gliclazide MR, The SU with evidence, recommendations & experience  
**Prof Abir Zakaria** **20 Min**

Session 18  
Novonordisk Symposium  
04:05 – 04:25



**Chairpersons: (Alphabetically)**

Prof Enayat Ezzat  
Prof Hanaa Taha  
Prof Hesham Habib  
Prof Hosny El Fayoumi  
Prof Meghad Abu El Magd  
Prof Mohamed Kamar

**Speakers:**

Tresiba: The Ultra long basal insulin  
**Prof Magdy Helmy** **20 Min**



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References: 1. Rodbard HW, Cariou B, Zinman B, Handelsman Y, Philis-Tsimikas A, Skjøth TV, Rana A, Mathieu C on behalf of the BEGIR Once Long Trial Investigators. Comparison of insulin degludec with insulin glargin in insulin-naïve subjects with type 2 diabetes mellitus. *Diabetes Care* 2013;36(10):2988-2994. 2. Bode BW, Buse JB, Fisher M, Garg SK, Marre M, Merker L, Renard E, Russell-Jones DL, Hansen CT, Rana A, Heller SR on behalf of the BEGIR Basal-Bolus Type 1 Trial Investigators. Insulin degludec improves glycaemic control with lower nocturnal hypoglycaemia risk than insulin glargin in basal-bolus treatment with mealtime insulin aspart in Type 1 diabetes (BEGIR Basal-Bolus Type 1): 2-year results of a randomized clinical trial. *Diabetic Medicine* 2013;30(11):1293-297. 3. Tresiba approved insert leaflet by Egyptian Ministry of health on 11.08.2015. 4. Jonasson I, Havelund S, Hoeg-Jensen T, et al. Design of the novel protraction mechanism of insulin degludec: an ultra-long-acting basal insulin. *Pharmaceutical Research* 2012;29(8):2104-14.





Thursday 25 October, 2018

04:30 – 04:35

MUP presentation

**5 Min**

Our quality is not an act, it is a habit.

Session 19

**04:35 – 05:55**

**Chairpersons: (Alphabetically)**

Prof Amera Ahmed

Prof El Sayed Farag

Prof Hoda Goda

Prof Mayada Mohamed Mousa

Prof Nasrat Ayad

Prof Nermene Rashed

**Speakers:**

Bets cell rescue

**Prof Mohamed Kamar**

**17 Min**

Glucose lowering therapy in type 2 diabetes patients with CVD

**Prof Mohamed Awad**

**17 Min**

HbA1c pitfalls

**Prof Magdy Helmy**

**17 Min**

Prediabetes

**Prof Khaled El Hadid**

**17 Min**

**Discussion**

**8 Min**

Session 20

Liptis

**06:00 – 06:20**



**Chairpersons: (Alphabetically)**

Prof Hesham El Borolousy

Prof Hesham Habib

Prof Ibrahim Awadin

Prof Mohamed Awad

Prof Rasha Azmy

Prof Yasser Al Khwas

**Speakers:**

Diabetic Dyslipidemia updates

**Prof Khaled El Hadid**

**20 Min**

**06:30      Lunch**

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Thursday 25 October, 2018

**Hall B Laylaty**

**Launch of education program for nurses**

**AASD In collaboration with Nursing Faculty, Cairo University**

**Specialty Diabetes Nurse – Diabetes Educator**

**IDF Centre of education**

**01:30 – 02:30**

**Introduction**

**10 min**

**Gestational Diabetes and it's impact on maternal health**

**Prof Abeer Saad Eswi** **20 min**

**Dean of Faculty of Nursing, Cairo University**

**Introduction to diabetes in the world and Egypt**

**Prof Inass Shaltout** **20 min**

**AASD President**

YouTube: AASD Diabetes, channel has been recently lunched where AASD educational martials and conferences are published

<https://www.youtube.com/channel/UCvpn5xDiJa23VgymBZRXKnQ>

**EASD e-Learning**

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Friday 26 October, 2018

Session 21  
**Breakfast session**  
**09:00 – 09:35**

**Chairpersons: (Alphabetically)**

Prof Emmy Nasr  
Prof Fahmy Amara  
Prof Farid Fawzy  
Prof Hani Hammad  
Prof Lobna El Touny

**Speakers:**

Ageing endocrinology

**Prof Rasha Sobh** **15 Min**

Rheumatoid arthritis and diabetes mellitus is there is a link

**Prof Amal Fouad** **15 Min**

**Discussion** **5 Min**

Session 22  
Diabetes in Special Situation  
**09:40 – 10:25**

**Chairpersons: (Alphabetically)**

Prof Amal Fouad  
Prof Amr El Meligy  
Prof Emmy Nasr  
Prof Hussein El Fishawy  
Prof Maha Mowaly  
Prof Saud Al Sifri, KSA

**Speakers:**

Diabetes in pregnancy from preconception to postpartum

**Prof Lobna El Touny** **20 Min**

Diabetes and autoimmune thyroid disease

**Prof Ali Abbassy** **20 Min**

**Discussion** **5 Min**



Friday 26 October, 2018

Session 23

**Meet the expert session**

**10:30 – 11:35**

**Chairpersons: (Alphabetically)**

Prof Elham Islam  
Prof Hala Kahla  
Prof Mabaheg Souka  
Prof Mazen Attia  
Prof Samir Naim Assaad  
Prof Tarek Fayad

**Speakers:**

Structured education beyond glycemic control

**Prof Mick Kumwenda, UK** **20 Min**

Diabetes care in digital era

**Prof Evgenya Patrakeeva, Russia** **20 Min**

Updates on recent trials in type 2 diabetes

**Prof Mick Kumwenda, UK** **20 Min**

**Discussion** **5 Min**

**11:35 – 12:15** **Friday prayer**

**12:15 – 12:30** **Coffee Break**



Friday 26 October, 2018

Session 24  
Diabetes Research Updates  
**12:40 – 01:45**

**Chairpersons: (Alphabetically)**

Prof Iman El Sherif  
Prof Maggi Said El Nahdy  
Prof Maha Mowafy  
Prof Mazen Attia  
Prof Mohamed Nasr  
Prof Samir Naim Assaad

**Speakers:**

Discover Trial

**Prof Inass Shaltout** **15 Min**

Strategy of CABG in diabetic patients on pump versus off pump

**Prof Mohamed Nasr** **20 Min**

Gut Microbiota and Diabetes treatment

**Prof Samir Naim Assaad** **20 Min**

**Discussion** **10 Min**

**Launch of education program for doctors**  
**AASD In collaboration with Medical Syndicate**  
**01:50 – 02:00**

**Prof Mohamed Nasr**  
**Prof Inass Shaltout**  
**Prof Ola Khairallah**



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Friday 26 October, 2018

Session 25  
Zagazig University Session  
02:05 – 03:05

**Chairpersons: (Alphabetically)**

Prof Amera Ahmed  
Prof Mayada Mohamed Mousa  
Prof Nagwa Samy  
Prof Nermene Rashed

**Speakers:**

Diabetes and Brain

**Prof Khaled Hadhoud** **17 Min**

Management of DM in hospital

**Prof Ihab Salem** **17 Min**

Management of Type 2 DM in renal impairment

**Prof Eman El Shorby** **17 Min**

**Discussion** **9 Min**

Session 26  
**03:10 – 04:00**

**Chairpersons: (Alphabetically)**

Prof Ayman El Menofy  
Prof Eman El Shorby  
Prof Hazem Ashmawy  
Prof Iman El Sherif  
Prof Khaled Hadhoud  
Prof Nagwa Samy

**Speakers:**

**Hikma Presentation**

Role of Alogliptin in management of type 2 diabetes **20 Min**

**hikma.**



**Ascensia Diabetes Care Presentation** **15 Min**  
Newer machine newer technology

**AI Asraa Pharmaceutical Presentation** **5 Min**

**Utopia Presentation** **5 Min**  
Break pain Triad in PDN





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Friday 26 October, 2018

Session 27  
04:00 – 05:10

**Chairpersons: (Alphabetically)**

Prof Ehab Salem  
Prof Elham Islam  
Prof Gelsen Saleh  
Prof Hazem Ashmawy  
Prof Hesham Habib  
Prof Mohamed Naguib  
Dr Sayed Gad

**Speakers:**

Diabetes and Nutrition

**Prof Iman Kamel** **15 Min**

Ketosis prone diabetes

**Prof Manal Helal** **15 Min**

Proteinuria and anti proteinuric measures.

**Prof Maggi Said El Nahdy** **15 Min**

Tuberculosis and diabetes, an old story and a present problem

**Prof Hussein Shalby** **15 Min**

**Discussion** **10 Min**

**05:15**      **lunch**

**Closing Ceremony**

*Tampola & Lunch*



## Better Understanding for Egyptian treatment patterns in type II diabetes - The DISCOVER Study



Inass.Shaltout<sup>1</sup>

### Abstract

#### Background

Diabetes is a fast-growing health problem in Egypt. The IDF report of 2017 reported 8.2 million diabetics in Egypt which exceeded the WHO expectations for number of diabetics in Egypt in 2030, expected to be with a significant impact on morbidity, mortality, and health care resources. Currently, the prevalence of type 2 diabetes (T2D) in Egypt is around 15.6% of all adults aged 20 to 79.

#### Objective

To describe disease management patterns and disease evolution over 3 years in patients with type 2 diabetes initiating a second-line glucose-lowering therapy.

#### Methods

In this report, baseline data were collected according to routine clinical practice at the selected 38 sites, using a standardized electronic case report form. We enrolled 583 patients (mean age:  $52.9 \pm 9.8$  years and mean time from DM diagnosis:  $49.2 \pm 44.3$  months).

#### Findings

The mean HbA1c value at baseline was  $8.6 \pm 1.4\%$ , indicating poor glycemic control. The most commonly prescribed first-line medications were metformin or sulfonylurea in the form of monotherapy. For second line-therapy, the majority of patients switched to dual therapy with metformin plus sulfonylureas or DPP-4 inhibitors. Fewer patients switched to triple therapy, treatment by four or more medications or insulin treatment (121, 12, and 35, respectively). The most common reasons were lack of efficacy, weight gain, hypoglycemic events, and side effects, as reported in 549, 54, 25, and 21 patients, respectively. The set treatment target of enrolled patients at the initiation of second-line therapy was an HbA1c level of 6.9%. Follow-up data will assess the outcomes of such changes in the Egyptian population.

#### Conclusions

This study showed poor glycemic control among Egyptian DM type II patients, initiating second-line treatments. In spite of the high HbA1c levels second line therapy is initiated 5.8 Years after T2DM diagnosis. Metformin represents only 40.2% from patient population as first line therapy. Lack of efficacy was the most common reason for changing first-line treatments. Dual therapy in the form of metformin plus Sulfonylureas or DPP-4 inhibitors was the most commonly prescribed second-line treatment. However, there was a clinical inertia for initiation the second line therapy with 5.8 years.



## Culturally Based Pre-Ramadan Education increased Benefits and reduced Hazards of Ramadan Fasting for people with Type 2 Diabetes

Shaltout I., Zakaria A., Abdel Wahab A., Hamed I. and ElSaid N  
Faculty of Medicine, Cairo University & Arabic Association of the study of Diabetes & Metabolism, AASD

### **Abstract**

**Background:** Most Muslim people with diabetes insist to fast during Ramadan. In this study we evaluated the influence of culturally based pre-Ramadan education PRE in addition to standard of care during their regular pre-Ramadan visit on the fasting experience of people with type 2 diabetes, whether on oral antidiabetic OAD or insulin treatment. A secondary objective was to evaluate the effect of PRE on diabetes self-management behaviors during Ramadan as reported by the participants themselves.

**Study Design:** In 2016, a pre-Ramadan education PRE programme was offered over 2 months preceding Ramadan in the AASD Education centre for different groups of patients with type 2 DM in addition to standard of care during their regular pre-Ramadan visit. One month after Ramadan, we retrospectively analyzed the fasting experience of 1008 type 2 DM patients known to have a stable treatment regimen at least 3 months before Ramadan [47% were PRE participants (PREP) and 53% received standard of care only (Non-PREP)]. Pregnant women, type1 diabetes, and very high risk type 2 patients were excluded.

**Results:** 1008 type 2 DM patients fasted most of the days of Ramadan. A positive correlation was detected between PRE and the number of days they practiced Taraweeh prayers in the total number of patients, with reduction of HbA1c by 14% and 10% in those who practiced prayers for 20 and 30 days respectively. In a subgroup HbA1c percent reduction showed positive correlation with the number of fasting days, 90.5% of whom were PREP. PRE improved perception of hypoglycemia evidenced by 23% of PREP compared to 7.5% of Non-PREP, ( $p= 0.041$ ). By regression analysis, perception of hypoglycemia showed +ve correlation with the number of fasting days ( $p=0.04$ ), PRE ( $p=0.002$ ), dose adjustment of antidiabetic medications ( $p=0.008$ ), and SMBG ( $p=0.013$ ). Weight changes or breaking the fast due to hypoglycemia showed no significant correlation with the number of fasting days, SMBG, clinic visits during Ramadan, or specific class of anti-diabetic medications, being assumed to be multi-factorial and influenced by non-objective individual, social and cultural factors. However we found a significant difference between PREP and Non-PREP as regards weight reduction; ( $p= 0.042$ ; [figure4]). Among those committed to Taraweeh prayers daily for 30 days, the majority showed either weight reduction (54%) or weight maintenance (38%), opposed to a minority of weight gain (8%) [figure5]. Moreover participants whether PREP or non-PREP reported decrease of appetite, portion size, and repeated reduction of total insulin dose (10-15% total daily dose reduction in the initial 2 weeks; and 25-30% in the last 2 weeks). SMBG was independent on other measurable parameters.

**Conclusions:** fasting improved the glycemic control of people with type 2 DM in correlation to the number of fasting days. PRE improved perception and response to hypoglycemia by dose adjustment of OAD or insulin. Integrating PRE might have an impact on patients' hedonic food intake, better problem solving behavior with healthier food choice, reduction of appetite and weight, with associated decline of insulin doses, and objective long-lasting improvement of HbA1c. Insulin treatment showed more self-reported hypoglycemic events in fasting compared to regular days, with repeated mandatory reduction of the total insulin dose, which might suggest a cumulative effect of fasting



## THE RELATIONSHIP BETWEEN SERUM OSTEOPROTEGRIN LEVEL AND CORONARY ARTERY CALCIFICATION IN TYPE 2 DIABETES MELLITUS PATIENTS

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### **Abstract**

**Background:** Osteoprotegerin (OPG) is a member of the tumour necrosis factor receptor superfamily was described as a strong anti-resorptive factor, but lately has been considered as a possible link between bone and vascular disease. Recent studies have evidenced its close relation with the development of diabetes mellitus (DM).

As cardiovascular morbidity is high in diabetic patients, it is evidently crucial to establish noninvasive methods for monitoring vascular changes such as biochemical markers of increased risk for cardiovascular disease (CVD) events such as OPG.

**The aim of this study:** To determine the relationship between coronary artery calcification (CAC) measured by the Multidetector computed tomography (MDCT) and OPG levels in Type 2 diabetic patients in comparison to healthy controls.

**Methods:** Our study included 45 type 2 diabetic patients (mean age 51.7 years; 51.1% male) without evidence of previous CVD and 45 healthy control subjects age and sex matched. All subjects were submitted to full history, full examination and lab investigations. Serum OPG concentration measured by an enzyme-linked immunosorbent assay (ELISA) and CAC imaging performed using non contrast CT of the heart.

**Results:** Significant CAC ( $>10$  Agatston units) was seen in 23 patients (51.11 %).

OPG was significantly high in diabetic patients in comparison to controls with mean  $12.9 \pm 5.7$  mmol/l in cases, and  $8.6 \pm 0.5$  mmol/l in controls ( $P$  value  $< 0.001$ ).

The coronary artery calcification score (CACS) was positively correlated with age and duration of diabetes. The OPG was positively correlated with fasting blood sugar and duration of diabetes. The CACS, OPG showed significant positive correlations with each other after adjustment for age, gender, and other risk factors (odds ratio =0.043, 95% confidence interval 0.006 to 0.296;  $p < 0.001$ ). Cut off value of OPG is 10 pg /ml with sensitivity 95.7% and specificity 100%.

**Conclusions:** These findings suggest that elevated serum OPG involved in coronary artery calcification and could be used in the clinical setting for the early diagnosis of subclinical atherosclerosis, which would allow for strategies to be designed to reduce the cardiovascular event rate in those patients. Thus, further studies are needed to establish whether increased OPG levels in diabetic patients can in fact predict later development of vascular complications.

**Keywords:** Osteoprotegerin, Coronary artery calcification, Type 2 diabetes mellitus, Multidetector computed tomography.



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1. Wanner C, et al. The effect of sitagliptin on the risk of cardiovascular events in patients with type 2 diabetes and established vascular disease. *Obesity & Metabolism* 13: 644-651.



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